Int the complex web of the world that we surf through, there are certain websites which catch attention of different people for different reasons. We stumbled and start getting hooked onto some of them, which are unique in their own way. Let’s look at some of the websites which are quirky and helpful at the same time. Mind you, these sites are gaining popularity among youngsters at a rapid pace…

Addictomatic.com—This site is of immense help, if you want full-fledged information which includes recent pictures, videos, blogs, articles, information and many more about the subject you type on the search engine. For example if you type Sachin Tendulkar on the search option of the opening page of this site, it instantly opens all the videos in which Sachin features from youtube, all the recent pictures available on flicker.com, information from google.com and a lot more on Sachin on the same page in the same window. What this site does is, it collects all the data from the different sites of the subject you are interested in, and opens all the links on the same page. By doing so, Addictomatic.com not only saves you from hopping from one site to another but actually saves you precious time. Check out this website.

With new gadgets being launched every day, Ainee Nizami takes a quick look at the problem we face due to technology and a guide on how to avoid them.

Most people using computers on a daily basis tend to complain of back pain. People generally sit on the wrong chair or in the wrong posture, for too long. Dr Hrishita Bhatta, Orthopaedic suggests that “You should always go for a chair that has a mechanism for lowering and raising the height of the backrest.”

As far as correct posture is concerned, Dr. Bhatta feels sitting at the edge of the chair with all the weight on one buttock should be avoided at all costs. Also make sure that the computer is placed in the correct position. It should be at your eye level. If you place it higher or lower than your eye level, you might get pain in your neck and also strain your eyes too much, which is a very common problem these days.

Strain is caused either due to the glare from the monitor or due to improper lighting arrangement in the room. “The correct thing to do is to place the computer table between lights and not directly under them,” says Dr Vivek Vishvanathan, eye specialist. “Ask your optician to put slight tint coat on your glasses,” he suggests. Another thing you can do is to get a screen guard for your computer. You can fix it on the screen and it helps to protect your eyes from the rays. Also, taking a break from your work helps to a certain extent. Make sure you don’t work on your computer for too long without a break.

Computers have become a part and parcel of our daily lives. But our health is also something which cannot be ignored. So let’s take these preventive measures and make technology and health go hand in hand.